

Milton Keynes Lakeside Runners presents The Enigma Week At the Knees 2014

7 marathons in 7 days
www.enigmarunning.co.uk



- Venue: Days 1/2 - One 4 Six Cafe @ Willen Lake, Brickhill Street, Milton Keynes, MK15 ODS
Days 3/6/7 - Caldecotte Arms Premier Inn, Bletcham Way, Milton Keynes, MK7 8HP
Days 4/5 - Premier Inn @ Furzton Lake, Shirwell Crescent, Furzton, MK4 1GA
Enigma Running reserves the right to amend the venues & routes.
- Dates: Monday 17th - Sunday 23rd March 2014
- Time: 9:30 am start every day (race brief at start 9.25 each day – no early starts)
- Registration: From 8.30am each day & to collect running number
- Courses: Days 1/2 Route : <http://www.fetcheveryone.com/route-1285096>
followed by 7 laps of : <http://www.fetcheveryone.com/route-1285092>
Day 3 Route : <http://www.fetcheveryone.com/route-1295492>
followed by 7 laps of : <http://www.fetcheveryone.com/route-1231324>
Days 4/5 Route : <http://www.fetcheveryone.com/route-1150107>
followed by 17 laps of : <http://www.fetcheveryone.com/route-1150106>
Days 6/7 - Route : <http://www.fetcheveryone.com/route-1126442>
followed by 7 laps of : <http://www.fetcheveryone.com/route-1126418>
- Facilities: Toilets every lap in pub/cafe, tent provided for baggage, bottled water/snacks every lap.
(please feel free to leave personal drinks / snacks etc. at the drinks station)
Days 1/2 is paid parking, Days 3-7 are free parking. Toilets available in pub/cafe.
- Awards: Unique bespoke spinning medal each day (7 marathons = 7 medals)
Unique event Helly Hanson Jacket for all those completing all 7 days and a personalised plaque commemorating achievement (will be delivered after the event)
- Entry limit: 35 entrants per day on Days 1-5. 50 per day Days 6/7: Time limit: 7 hours
- Closing Date: 31st October 2013 (or sooner if entry limits are reached)
- Permit: TRA permit applied for & will be displayed at Race HQ. Event is held under UK Athletics rules



Enquiries: Contact David Bayley on 07763 838194 or email dbmk@hotmail.co.uk

THE ENIGMA WEEK AT THE KNEES 2014

Name Male/Female

Address

Postcode Date of Birth Age (on day)

Telephone (day) (Evening)

Email Address

Running Club EA or TRA No.

Jackets - please specify size S / M / L / XL / XXL

DAY 1 (Mon) / Day 2 (Tue) / Day 3 (Wed) / Day 4 (Thur) / Day 5 (Fri) / Day 6 (Sat) / Day 7 (Sun) – ALL 7

Entry fee: £27 per day affiliated runners & TRA Members - £28 unaffiliated
£259 for all 7 days affiliated runners & TRA members - £266 unaffiliated

Competitors must be 18 years of age on the day for the marathon. A signed form will be considered as a declaration that you will run entirely at your own risk and that you have no medical disabilities that would endanger you or others taking part.
Strictly no refunds, deferments or transfers under any circumstances.

SIGNATURE DATE

Cheques should be made payable to: David Bayley

Send your entries to: David Bayley, 57 Flexerne Crescent, Ashland, Milton Keynes, MK6 4AP.